Tab 42

From: Tim Ziegenfuss [tzphd@hotmail.com]
Sent: Thursday, May 03, 2001 7:34 AM
To: Bobc@prosourceonline.com
Cc: kpconklin@aol.com
Subject: EMU Xen Report

Hey Guys,

Here's what I came up with. Remember, I will be leaving for PA at 8 am today and will not return until late afternoon tomorrow. There is a phone in the cabin where I'll be staying...however, it can only receive calls. The # is: 814-755-7686.

Talk to you both soon,

TZ

Research Summary on the Eastern Michigan University Xenadrine Study

The GOOD

Ø The study utilized a placebo-controlled, double-blind, match paired design. This is a top notch approach in terms of supplement research.

Ø Safety and efficacy data were obtained before and after six weeks of supplementation and training.

Ø Body composition analyses were determined using one of the most sensitive techniques currently available (dual x-ray absorptiometry).

Ø Xenadrine supplementation caused statistically significant decreases in % fat, fat mass and body weight. Mathematically speaking, subjects in the Xenadrine group lost 524% more total fat (-2.57 vs -0.49 kg) and 759% more weight (-1.45 vs +0.22 kg) than subjects in the placebo group. In addition, no changes in lean mass were noted.

Ø No negative changes were noted for resting ECG (electrocardiogram), blood pressure, or blood cholesterol levels. This indicates the relative safety of Xenadrine use within the confines of the study.

Ø These results agree with and extend the findings of Colker et al. relative to Xenadrine's effectiveness as a thermogenic weight loss supplement. In particular, the 8-week study by Colker used primarily male subjects (in a 3:1 ratio to females), while this study confirmed similar weight and fat-loss effects in primarily female subjects (in a 3:1 ratio to males).

Ø These positive results were observed despite no significant changes in diet over the course of the study. Thus, substantial weight and fat-loss effects can be obtained from Xenadrine without eating less food.

Ø Finally, in this study the combination of Xenadrine + exercise was effective in promoting fat loss in

92% of subjects. In contrast, 38% of subjects who exercised but used a placebo encountered no fat loss whatsoever (values derived from pg 33 of Armstrong's paper).

The NOT-SO-GOOD

Ø Because of subject attrition (drop out) and variability in responses, the ability of the study to detect statistically significant differences was limited.

Ø Diet records indicated a 47% reduction in fat intake during the study by the placebo group. This effect may have greatly reduced the differences in body weight loss and fat loss between groups.

Ø The study only excluded subjects with recent weight loss exceeding 30 lbs. This would also tend to minimize significant changes in body composition from pre to post testing.

Ø Resting energy expenditure (otherwise known as resting metabolic rate) was only measured for five minutes. Because of its inherent variability, measurements of resting metabolic rate are typically made for a least 20-30 minutes.

Ø No measurement of mood or energy levels was made.

Ø No measurements of liver or kidney function (or dysfunction) were made.

Ø No assessment of hydration status was made.
